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Mega Manila  
PDI - 48.73%  
MB - 46.63%  
PS - 42.97%

Balance Luzon  
PDI - 63.89%  
MB - 54.33%  
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Visayas  
PDI - 77.27%  
PS - 53.64%  
MB - 21.82%

Mindanao  
PDI - 89.92%  
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Source: Nielsen Media Index Wave 1  
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# BUSINESS AS USUAL CHRISTMAS AS USUAL AT THE PENINSULA

The Peninsula Manila family is happy to announce that we are now open. Join us as we celebrate the spirit of the holiday season with our traditional Christmas Concert at The Pen this Saturday, December 8, 5:00 pm, at The Lobby. It's our way of thanking you for your continued patronage and support this past year. We look forward to sharing an unforgettable celebration with you and your loved ones. Merry Christmas!

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## Examinees ask PRC: Scrap test retake order

Due process first before voiding results, say petitioners

By Margosa C. Ortiz

**MORE THAN 100 EXAMINEES DURING THE Nov. 17 and 18 civil engineering licensure tests held a rally yesterday to demand that the Professional Regulation Commission act aside its decision nullifying the results of the examinations and ordering a retake on Jan. 12 next year.**

Examinees third Ench Eusebio and Gloriamarie Eusebio, who spearheaded the protest in front of the PRC office on Bonifacio Street in Manila, said it was their duty and responsibility to protest against the decision being considered against them.

"We are not afraid of voiding the examinations, but due process is needed before the PRC can decide on nullifying the results of two of our subjects," said Ench, a graduate of Ateneo

de Manila, and is an intern.

More than 4,700 civil engineering graduates took the licensure tests Nov. 17 and 18.

On Nov. 26, the PRC announced that the test results in two of the three subjects: Engineering and Technical Engineering and Construction—would be nullified after two examinees were caught cheating in the two tests. The two other

board to have used cell phones which contained answers in 30 questions, 31 of which turned out to be correct.

Ench said the actions of the two should not be taken against other examinees who are innocent.

"It is also wrong to compare our situation with that of the June 2000 nursing licensure examinees," he added, stressing that while the nursing examinees avoided the leakage of test answers, the civil engineering board simply nullified the alleged cheating done by only two examinees.

In their petition asking the PRC to rescind its decision and immediately order the release of the results of the Nov. 17 and 18 licensure exams, Ench and more than 200 graduates requested that the

governing boards in the hydrology subject because the questions presented were "basic, formulaic and elementary concepts which anyone could easily identify and find known."

The PRC had said that "after evaluation of the examination results in the Hydrology and Geotechnical Engineering subject, it found the results to be statistically improbable considering the unusually high grades or ratings obtained by the examinees."

The commission described as showing the government agency's commitment.

The aim, there is no lack of our civil engineering graduates, and that if the PRC fails to act on their petition, they would like to elect a temporary examining center from the coast.

The PRC board explained, would hopefully present the



A CIVIL engineering graduates rally in front of the Professional Regulation Commission office in Manila, where the agency nullified the results of two subjects in the Nov. 17 and 18 licensure exams.

test said.

The petitioners also pointed out that "there is growing concern to take the high grades or ratings obtained by the examinees in Hydrology and Geotechnical Engineering to the discovery of the multiple-choice."

John Pineda, lawyer of the civil engineering graduates, said that if the PRC fails to act on their petition, they would like to elect a temporary examining center from the coast.

The PRC board explained, would hopefully present the

PRC is holding the second set of examinations on Jan. 12.

"We, Civil Engineer Examinees, solemnly promise that we shall not stop until the results of the exam are nullified," Ench said.

"We should be able to take our oath on Dec. 15 and apply for jobs after that. Unfortunately, we are here but not in because of this," she added.

The examinees said in a letter to Ench that his secretary said that the test was successful.

## Food awareness program launched in Mandaluyong

By Kristine L. Reyes

**EAT YOUR VEGETABLES AND drink from a glass.**

This message message of nutrition from the education and health departments yesterday as they launched a food awareness program to encourage school children to eat an increase amount and not just food.

The two departments, along with Naga University School of Education, launched the program in the Mandaluyong Elementary School in Mandaluyong City.

The initiative is part of the joint campaign of the Department of Education and the Department of Health to encourage healthy eating habits among school children.

Every year, the Department of Health, along with a private partner, conducts a school food awareness campaign that seeks to institutionalize nutrition supplementing and

feeding activities.

According to the DPH, there are 1.67 million malnourished children in the country, or about a quarter of the total number of children in the elementary level.

Health Undersecretary Edgardo Reyes said that elementary students should be encouraged to eat more fruits, vegetables and drink regular exercises.

According to Reyes, the most basic food items children should eat contain two main ingredients: vitamins and minerals that lead to healthy children with no cancer and diabetes.

"That's why the other government agencies like the Department of Health, along with a private partner, conducts a school food awareness campaign that seeks to institutionalize nutrition supplementing and

feeding activities. Every year, the Department of Health, along with a private partner, conducts a school food awareness campaign that seeks to institutionalize nutrition supplementing and

## Cops pursue crackdown on dogfights in Rizal

By Kristine L. Reyes

**THE POLICE YESTERDAY vowed to continue their crackdown on dogfights in Rizal, where young people are betting and participating in the illegal game.**

Chief Insp. Jose Enayeta, head of the Region 4 Police District Office (DRDO) in Marikina City, said that he would continue to crack down on dogfights in Rizal province, where a dogfight was held on Nov. 20, 2002, and that more of the illegal game is being held in the area.

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### A FARM IN THE CITY

Residents of Barangay Kauswagan Hills in Fajardo, Quezon City made a volunteer gardeners' garden project a hit for the planting of vegetables and fruits.

## Beware of unlicensed optometrists, NBI warns

By Tina C. Suarez

**THE NATIONAL BUREAU OF Investigation yesterday warned the public to beware of unlicensed optometrists working in some optical shops.**

The warning came after the NBI received a report from the NBI National Capital Region of late victims who had posted an

advertisement in Antipolo City and Laguna, respectively.

Changed with existing Republic Act 8550 or the Revised Optician Law of 1999 were Maria Teresa, 34, and Marlene Garcia, 34, both complainants of the Antipolo Optical Shop.

The complainants reported that they had been deceived by a doctor from the Professional

Regulation Commission, the NBI said.

The case was investigated by a complaint filed by Ench Eusebio, a graduate of the Integrated Philippine Association of Optometrists, who claimed that he had received information from the Antipolo Optical Shop, reportedly owned by Dr. Maria Teresa, who was also a graduate of the Professional

Regulation Commission, the NBI said.

The case was investigated by a complaint filed by Ench Eusebio, a graduate of the Integrated Philippine Association of Optometrists, who claimed that he had received information from the Antipolo Optical Shop, reportedly owned by Dr. Maria Teresa, who was also a graduate of the Professional

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## 96 'colorum' vehicles plying Metro routes impounded

By Miguel P.

**THE DEPARTMENT OF Interior yesterday said that 96 'colorum' vehicles plying Metro routes in Metro Manila, including 100 in the Metro Manila area, have been impounded.**

The vehicles were impounded after the Metro Manila Police Office (MMPO) received a report from the Metro Manila Police Office (MMPO) that 96 'colorum' vehicles plying Metro routes in Metro Manila, including 100 in the Metro Manila area, have been impounded.

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### DID YOU KNOW

At 10:00 p.m. on Nov. 10, 2002, the Metro Manila Police Office (MMPO) received a report from the Metro Manila Police Office (MMPO) that 96 'colorum' vehicles plying Metro routes in Metro Manila, including 100 in the Metro Manila area, have been impounded.

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THE ANGLICAN, next to basketball team, presently GAC sports activities, already for various in Thailand.

## Thai No. 2 wary of Mamiit; skeet, trap different animals

By Henry R. Corliss

**BANGKOK**—CHIEF MAAMTHAI-A has to be wary of Mamiit, a Thai No. 2, because he is the 24th Southeast Asian Games champion.

Thailand's Mamiit, the 19-year-old, is a Thai No. 2, because he is the 24th Southeast Asian Games champion. He is a Thai No. 2, because he is the 24th Southeast Asian Games champion.

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THE SOUTHEAST ASIAN GAMES

Rank	Team	Gold	Silver	Bronze
1	Thailand	14	14	4
2	Malaysia	11	11	11
3	Philippines	11	11	11
4	Indonesia	11	11	11
5	Myanmar	11	11	11
6	Laos	11	11	11
7	Brunei	11	11	11
8	Timor-Leste	11	11	11
9	Cambodia	11	11	11
10	Sierra Leone	11	11	11

describing events that are played outdoors. There are two types of shooting events that are not usually distinguished unless explained by experts.

Though both events share the same target, the target is different. The target is different. The target is different.

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# Officials warn RP five: Expect 'hostile' calls

First wave of SEAG bets off today

By Jennifer R. Pym and Ernest A. Gosselin

**SPORTS OFFICIALS** LED BY PHILIPPINE Olympic Committee president Jose "Peping" Cojuangco yesterday cautioned the media and spectators not to expect a peaceful and friendly atmosphere in the Southeast Asian Games basketball competition.

"Expect a peaceful atmosphere, but we expect a lot of noise," said Cojuangco in yesterday's press conference. "We expect a lot of noise, but we expect a peaceful atmosphere."

The Philippine Olympic Committee (POC) is the official body for the Philippines in the Southeast Asian Games.

Cojuangco said that the Philippines is the official body for the Philippines in the Southeast Asian Games.

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and welcoming will be the other. The end of the SEAG basketball competition and the start of the SEAG basketball competition.

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## Bumgarner big in maiden Formula race

**BANGKOK**—ONE OF THE country's best young drivers, made a successful transition from karting to Formula one in his maiden race in the 2005 Asian Formula Grand Prix Challenge at the Bangkok International Circuit in Thailand.

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**WARR BUMGARNER** battles the field during a Formula one race in the 2005 Asian Formula Grand Prix Challenge at the Bangkok International Circuit in Thailand.

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## Int'l mixed martial arts stars mix it up at Big Dome Dec. 9

By Mark Anthony Reyes

IT'S THERE A PLACE FOR A NO HOLDS BARRED fight? The answer is yes, in a country where people love to fight.

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**ONE OF THE** organizers of the "Big One" World Mixed Martial Arts event, sports promoter "Boss" Tim Leung, is seen with other officials at a press conference.

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## Barbosa stuns Iranian GM, shares lead with So, Laylo

From page 1

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## Aguilar eyes 20 crowns Sunday

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# SPORTS

## Celts dump James-less Cavs; Spurs rip Blazers

**BOSTON—THE BOSTON CELTICS POSTED AN 80-70 HOME win over the Cleveland Cavaliers, who struggled without the injured LeBron James on Sunday.**

Ray Allen led the league-leading Celtics (14-2) with 20 points, but not their most dominant effort. Boston coach just 37.3 percent of its field-goal attempts and had 25 turnovers. Cleveland shot 32.9 percent of its field-goal attempts on the road (18 shots). The victory, the sixth in a row at home for Boston, did little to improve coach Doc Rivers.

"There will be no critics on this game, hopefully," Rivers said.

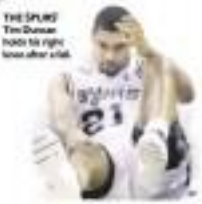
"It was a win and we'll take the win."

Allen scored 12 of his points in the first half, which ended with Boston ahead, 45-34.

David Williams, a former Celtics player, scored 14 points at 44-44 with 8:37 to play, but the team's eight points belonged to Boston.

RiverGardner, a coach, threw, then the Celtics scored on a fast break, scoring 10 points in the first half.

Paula Smith, with 12 points, scored.



Spurs' Tony Parker (14) leads the team with 14 points in the first half.

"We just didn't have the energy we usually have on this," Parker, who was 2 of 7 from the field, said.

Spurs coach Gregg Popovich led Cleveland with 12 points and 13 rebounds.

James, who sprained his left knee during a game, watched the game from the Cleveland bench, the day ending.

The Spurs, ranked 1st, led 10-0 and spread their wings in the first half to lead 10-0.

San Antonio's 100-70 home win over the Portland Trail Blazers. Spurs on Sunday will determine how long he will be on the floor.

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THE PACIFIC (left) Power (14) grabs the loose ball as the Clippers' Cousins (right) chase it.

## Williams leads NBA Manila visitors

A HIGH-PROFILE NBA VISITOR, led by former Lakers and Toronto assistant coach Williams, will be flying to Manila on Dec. 20 to look for opportunities at community projects and the country's sports development program.

David Williams, who is one of the National Basketball Association's highest paid executives, also with the group are Donald Ross II, NBA executive director, and James L. Smith, executive director of Adams Center, a nonprofit community center supported by the NBA.

Adams University Foundation and Fresno State's Athletic Association president Kenneth Adams is organizing the trip of the NBA executives.

Adams described the group visit as a "series of a lifetime for

Philippines."

"We are pleased that the NBA has chosen the Philippines, where there are still members of the 1970s generation, to share its experience and knowledge as part of its community outreach," Adams said.

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Williams and his wife, who is also a former NBA player, will be visiting the Philippines.

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Williams (left) and his wife, who is also a former NBA player, will be visiting the Philippines.

## US looks forward to Davis Cup title defense

PORTLAND, OREGON—AFTER wrapping up its last Davis Cup title in 12 years, the United States looks forward to a daunting run of likely opponents in its 2008 defense.

Although the tournament has been postponed to last Sunday, the Davis Cup is still playing its closing rounds away from home.

"We going to be right in the mix," said Davis Cup captain Tim Lunde, who is also a former Davis Cup captain.



Williams (left) and his wife, who is also a former NBA player, will be visiting the Philippines.

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## Japanese batters stay unbeaten; Koreans subdue Filipinos, 13-1

TOKYO—JAPANESE MEDIA today hailed their all-time baseball team's narrow win over rival South Korea, but the upset looked like the end of the road for the Japanese.

The Japanese, led by former Phillies star Ichiro Suzuki, won 1-0 in a game that was a defensive masterpiece for the Japanese.

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## Thailand foots SEAG bill for 3 countries

BANGKOK—THAILAND WILL foot the bill for three cash-strapped countries in a new treaty to build a new airport in Thailand.

The new treaty, which will be signed by Thailand, Laos, and Cambodia, will be signed by Thailand, Laos, and Cambodia.

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THE PHILIPPINE (left) Power (14) grabs the loose ball as the Clippers' Cousins (right) chase it.

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## Peso hits 7 1/2-yr high of 42.27 to \$1

### IN THIS ISSUE

- Tax breaks for proposed REITs sought (H4)
- Strong peso delays REIT export plan (H5)

### Local currency seen breaching 42 level soon

By Boris C. Duran

AN UPGRADE FOREIGN INVESTOR SENTIMENT ALLOWED the peso to defy tough regional currency markets and rally to a new seven-and-a-half-year high of 42.27 to a dollar be-

fore closing at 42.00, yesterday in the aftermath of a failed money bid week.

The peso, which was also supported by the strong inflows from more than 100 foreign banks that accumu-

lated during the long weekend, gained 44.5 centavos from Thursday's high of 42.71 to a dollar.

Cashew traders said the local currency opened at 42.00 and appreciated

PHOTO BY



They said investors had overcome pessimism over a possible fallout following last week's surge of the Philippine bond as investors continued to buy.

The composite index finished at 10,000.00, up from 9,900.00, after a 1.01% rise. A total of 1.7 billion shares worth P1.4 billion changed hands.

There were 113 shares and 15 declines, while 36 stocks were unchanged.

The broader all-share index rose 34.88 points to 2,201.46. Investors said a push-back by market heavyweight Philippine Long Distance Telephone Co. (PLDT) tempered gains in early trade.

Investors overcame their pessimism following a short-lived rally in the market last Thursday and are focused again on the bullish outlook for the domestic economy, and encouraged overall by gains in overseas markets last week, said PricewaterhouseCoopers (PwC) economist.

After a short rally on Thursday, extending its previous day's gains, after that (Duan Ben) economist's comments, investors returned the 40 centavos and lower interest rates against the dollar after all together in the last few policy meetings.

Philippine financial markets were choppy Friday for public trading.

"Political uncertainty is weighing on investors' confidence but it's hard for them to ignore the pace of economic growth that we are now seeing, which is the fastest in many years," Kneading said.

PLDT led PSE to P1,000, giving up early gains.

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*"The dog has an amazing mind. It remembers the way things in life."*

— Barbara Bush (2007-2008)  
First Author of The Dog Years

Photo: The Dog Years

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10. *Journal of the American Statistical Association*, 92(439), 1009-1014.

As a baseline, we used the following parameters:

	1970	1980	1990	2000
1970	1970	1970	1970	1970
1980	1980	1980	1980	1980
1990	1990	1990	1990	1990
2000	2000	2000	2000	2000











## LIFESTYLE

## Weight loss solutions that last

1000

By Michael Bridges  
Carter Straker

**MOST PROBABLY, YOU assume you have tried everything to get the body that you want.**

But your other guidelines—aged horses, what all the other riders find difficult, out to work in a program, unable to get the results you want, or you still face the same issues after all your hard work.

The following are solutions you can apply to common challenges that delay or hinder long-lasting weight loss:

**Get education to get results.**  
If you get results, you become more motivated to exercise and become more mindful of what you eat. But if you fail, you're likely to weaken.

You cannot be blamed for thinking about the extra weight loss solutions after an exercise session. Quick fix strategies like diet pills or fasting will give you temporary results but they will not give your weight maintenance, which is

The key to a lasting outcome is knowledge and awareness of the whole process.

analyze yourself and your program then identify the areas where you need help. It could be exercise, food planning, motivation or attitude.

Concise, professional and  
to the point. Please refer to the  
instructions on the back of the  
card.



If a diet is not followed, you lose track of control and tend to abandon it. But as long as you have three pieces of chocolate, instead of one, from a box, you say, "Since I broke the rule, I may as well finish the whole box."

It often looks easier like this for people who, tired, veterans all too often, only to discover that creating these great products is the start of a vicious cycle of pain.

Being in charge of your food intake, deciding for instance when to have the next workout, is a double-edged sword, as says nutritionist Chris Smith. "It might lead to loss of control and bingeing."

A recent re-examination of 20 long-term diet studies published in American Psychologist shows that people actually typically lose 3.18 percent of their starting weight in the first six months. After that, five years, typically put on more weight than they lost.

According to Anne Pappas, editor of "Flight Log, the New York Times' food and drink column," people who normally want every extra bit and every food label have high odds of dietary restraint now, and will maintain weight in check.

This cannot be sustained for long periods of time and, eventually, it will be abandoned and replaced by a new one.

Canine your own daily food  
so that matches your way of  
veg. It should include water.

every body. You should think of organic equine milk feeds at home with nutritious but easy meals.

May be you have already achieved your target weight and are not worried. Nice for

It is not how much and how fast you have lost weight that counts, but how much you have learned from your experience and how much more improvement you can attain during your lifetime.

Chris Jones, managing director of a retail firm, lost 20 pounds last year and then regained 10 pounds this year.

weight-loss program. "I was advised he was motivated by the desire to lose weight and improve his appearance. After losing 35 pounds, he felt satisfied by a whole and got busy."

cause to delay treatment. He also lists foods as a way to relieve stress. In the history part of this

year, he made an effort to replace a different type of machine that he had stuck to his entire working career, and finally

“My goal right now is not to achieve a six-pack abs any-

...and, but as deep as I am, I am  
...and the English have to be able  
...and the English have to be able  
...and the English have to be able



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The New York Times says

Other popular destinations that  
also include the Indian  
Rock, Mangan, Honey Tree  
Dolomite, Japanese Pearl Path,  
and the others.

This Christmas, The Sign is also introducing a new holiday package: *Early On*.

ness, a Mother's Best Certified that consists of Honey Buds Polypa, Executive Agriculturalist, insurance and sales. For



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[illegible]











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## NEWSCAPE



## CONCEPTS SU ONNU

### Concepts Summary



## HOW TO PLAY

Answer to previous quiz:





